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PUT PATRIOTISM BACK INTO HALLOWEEN BY WATCHING 1 OF THESE FREAKY FLICKS FROM CANADA PAGE 13

Adelaide St. rail crossing given priority

Council committee agrees on the need for rail overpass and underpass — as fast as possible PAGE 6

Duffy, the Tory party slayer

Senator plays offence: 'One cheque from Nigel Wright? No, ladies and gentlemen, there were 2 cheques' PAGE 7

London's best land in Hall of Fame Nov. 7

2-time Stanley Cup champion and Canadian college champion basketball team lead list of inductees PAGE 21

Review: London weak as hub for entrepreneurs

Communities in Boom. London near bottom of rankings for big cities with a lot to offer

SCOTT TAYLOR
scott.taylor@metronews.ca

London continues to lag behind most other Canadian cities when it comes to having the right atmosphere for launching new businesses — but things are getting better, some say.

The Forest City ranked 28th out of 34 large municipalities in the newest Communities in Boom survey. That's the same position it held last year.

When smaller cities and towns are taken into account, London ranked 82 out of 107, rising five spots from 2012.

Steve Pellarin, executive director of the London Small Business Centre, cited the 2008 recession as having had a significant impact, but said he's optimistic about what's happening in London today. Many recent successes are due to resources that weren't in places a few years ago.

Atmos Marketing partner Larry Lau agreed. "When we first started it was more challenging because there weren't these support systems," he said.

Ian Haase, vice-president at TechAlliance of Southwestern Ontario, said a major concern in the burgeoning tech industry continues to be the exodus of post-secondary students after graduation.

"We can help them for three or four years, but if they're from Toronto it's a lot cheaper for them to start a business from their parents' basement than it is to pay rent," he said.

At a glance

- The Communities in Boom survey was done by the Canadian Federation of Independent Business.
- The rankings were based on criteria including growth of business ownership, industrial diversity, city government and the general business environment.
- Among large cities, Greater Calgary, Saskatoon and the GTA came out tops for positive business environments.

FONTANA'S FIGHT

Mayor Joe Fontana leaves the London courthouse Monday after the first day of his preliminary hearing on fraud charges. Story on page 3. ANGELA MULLINS/METRO

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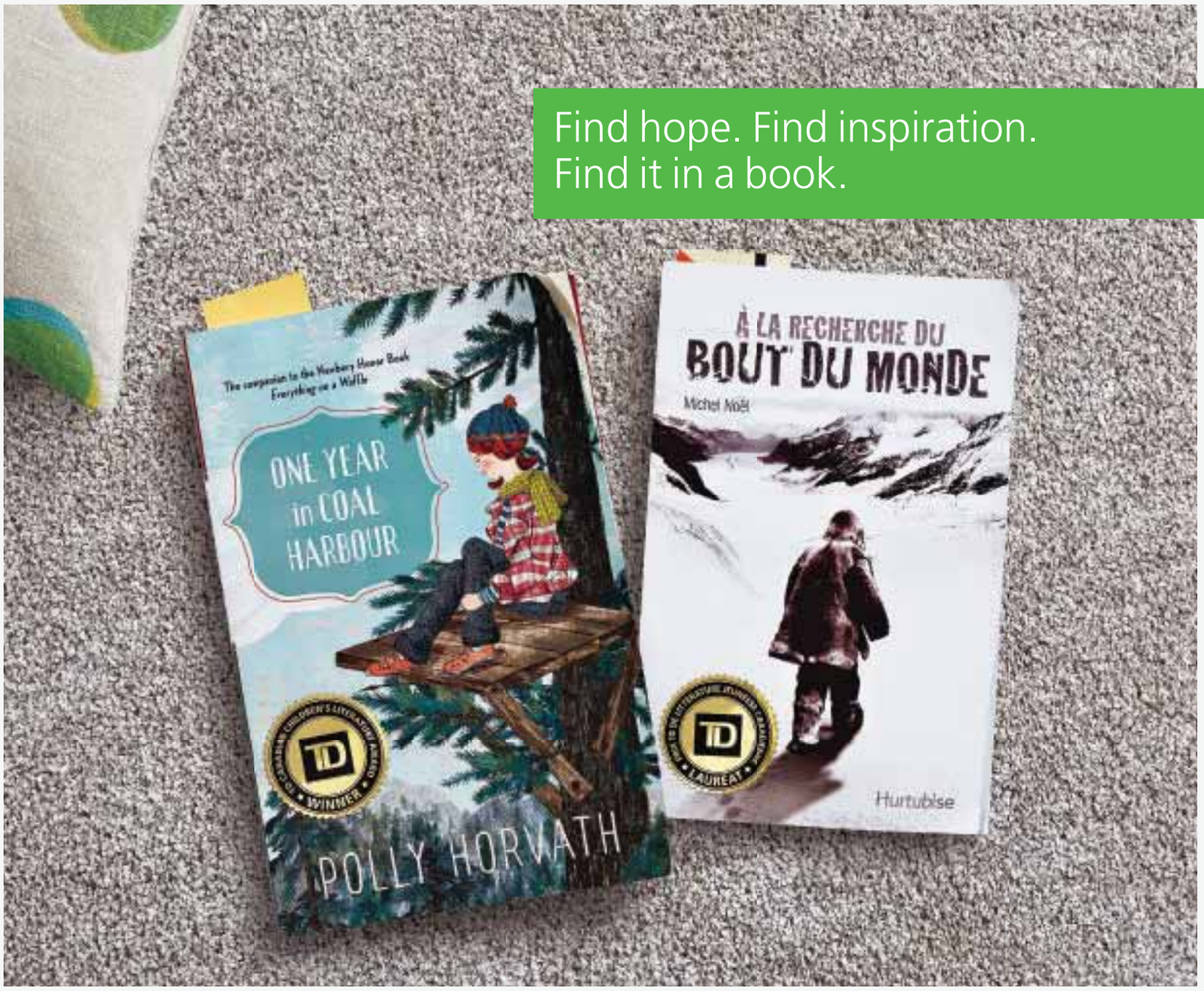

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Purple campaign

Shine the Light ready for kickoff

The London Abused Women's Centre will mark the start of its Shine the Light on Woman Abuse campaign with a special tree-lighting ceremony on Friday. At 5:30 p.m., a Victoria Park tree at Clarence Street and Dufferin Avenue will take on a purple glow from strands of lights that will remain in place throughout the month of November. The campaign aims to raise awareness about violence against women, support victims and have people across the country stand in solidarity against abuse. METRO

Woodstock & London

Teddy bear drive helps local kids

The infant who came to be known to thousands as Baby Alex lived for only four months and 26 days before a drunk driver killed him on Oct. 14, 2008, in Woodstock. But his life, as short as it was, continues to carry meaning and hope for many years after the tragedy.

His mom, Mary Rodriguez, started the Baby Alex Teddy Bear Drive four years ago. This year, the fundraiser collected 764 new stuffed animals for local hospitals, as well as $6,733 in cash donations.

All money raised will go toward buying stuffed animals for the Children's Health Foundation and the Woodstock Hospital Foundation, along with care packages for the Child and Youth Mental Health Program at London Health Sciences Centre.

SCOTT TAYLOR/METRO

Mayor Joe Fontana, centre, leaves the London courthouse Monday with supporters and his legal team after the first of what's expected to be a two-day preliminary hearing in his fraud case. MIKE DONACHIE/METRO

Fontana 'confident' as he answers to fraud charges

Criminal case.
Mayor in court for preliminary hearing

MIKE DONACHIE
mike.donachie@metronews.ca

Yet another difficult episode in the life of Mayor Joe Fontana was played out Monday at the London courthouse.

Nobody knew if the mayor would be there in person for the preliminary hearing in his fraud case, but he was — marking his first court appearance since the RCMP laid charges last November.

The mayor, accompanied by his wife, Vicky, listened intently throughout the proceedings, and afterwards his lawyer, Gord Cudmore, said he was confident in an acquittal.

And that's about all we can say. Judge Ronald Marion, brought in from Kitchener to hear the case, slapped a publication ban on the whole thing.

Two witnesses gave evidence at the hearing, which will set up a full, public trial some time next year. They were asked questions by assistant Crown attorney Jim Zuber and each witness was cross-examined by the defence.

It's all focused on three charges dating from 2005 when an alleged government cheque was used to cover a $1,700 deposit on his son Michael's wedding reception at the Marconi Club in east London.

Fontana, who was an MP and the minister of labour and housing at the time, denies that he committed a breach of public trust, and that he committed fraud. He also denies passing a false document, a cheque to the Marconi Club.

Asked how he was as he left the courthouse, Fontana simply said: "Very well."

What's next ?

- A second round of evidence in Mayor Joe Fontana's preliminary hearing is expected to be presented Tuesday.
- Gord Cudmore, Fontana's lawyer, hopes to have a trial scheduled for early 2014.

It was left to Cudmore to answer reporters' questions.

"I remain very confident," he said, adding that he expects Fontana will win the case.

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'Music ecosystem.' Liberals pipe up to tout provincial music fund

A $45-million fund aimed at supporting the Ontario music industry was officially launched Monday.

Michael Chan, minister for tourism, culture and sport, said the fund — first announced in May — will support four sectors of the industry over the next three years: record labels, industry associations, music startups and promoters.

Applications are open immediately for record labels and industry associations, while startups and promoters have to wait until Nov. 7.

Chan said the fund will speed up growth in the province's already strong music sector.

"Ontario is the heartland for music in Canada, generating over $420 million in revenue, representing more than 80 per cent of the national total," he said.

The fund, administered through the Ontario Media Development Corp., will create a healthy "music ecosystem," he said, which will in turn boost the province's economy.

Kardinal Offishall TORSTAR NEWS SERVICE

Celebrated Toronto rapper and producer Jason D. Harrow, better known as Kardinal Offishall, was at the launch.

Kardinal, who began his career in Toronto during the mid-1990s, is often dubbed Canada's "hip hop ambassador," and has won three JUNO awards.

He said there was some form of government funding available then — "many moons ago" — which helped propel him to success.

"I'm a direct example of what can happen if additional funding comes from the province and from the country," Kardinal said, adding,

THE CANADIAN PRESS

Pipeline. Ontario says no to having its own EA for reversing Line 9

Ontario won't conduct its own environmental assessment of a plan to reverse the flow of the Line 9 oil pipeline that runs through the province, Energy Minister Bob Chiarelli said Monday.

Calgary-based Enbridge Inc. wants to reverse Line 9 and increase its capacity to move 300,000 barrels of crude oil per day, up from the current 240,000 barrels.

It has also asked for permission to move different types of oil between southwestern Ontario and Montreal, including a heavier form of crude.

The proposal has sparked protests by hundreds of demonstrators, who have rallied outside the National Energy Board hearings in Toronto and Montreal.

Ontario's New Democrats are pushing for a separate provincial assessment of the proposal, but Chiarelli said that's not necessary.

The assessment is a federal responsibility because the pipeline crosses provincial boundaries, he said.

Ontario has intervened in the recent hearings to emphasize that public safety and environmental protection must come first, he said.

Quoted

"The federal government can challenge Ontario if it wants, but Ontario is the only jurisdiction that's going to look out for itself on this."

NDP energy critic Peter Tabuns

The province also called for a "stress test" for the whole system to be assured that the pipeline is safe, Chiarelli said.

"At this point in time, constitutionally we have to rely on what's there in federal legislation," he said.

Chiarelli said that if residents feel that the National Energy Board isn't doing its job to protect the public, then they should complain to their local MP and Prime Minister Stephen Harper.

THE CANADIAN PRESS

A tire rut was still visible Monday in the boulevard along Wexford Avenue where a child was hit by a car about 7 p.m. Friday. ANGELA MULLINS/METRO

Coun. calls for answers after 10-year-old struck

Argyle. Armstrong wants copies of all speeding complaints in the area where hit-and-run occurred

ANGELA MULLINS
angela.mullins@metronews.ca

Coun. Bill Armstrong is demanding answers — and promising action — for an Argyle neighbourhood where a 10-year-old boy was hit by a car.

Armstrong has requested copies of all complaints made to city hall and police about motorists speeding along Wexford Avenue near Admiral Drive. He's also asking for copies of past traffic studies done in the area.

"(We need to) go back as far as we can to see if there's a pattern there," Armstrong said Monday, standing only steps away from the spot where Tyler Brooks-Szabo was hit Friday while riding his bicycle.

Once he's completed his review, Armstrong plans to bring a recommendation to a city committee.

The councillor hasn't decided exactly what the recommendation will entail. But, Armstrong said he won't be satisfied until he feels "we've done our best to make sure it as safe as possible."

Residents who live near the site of the crash — which, according to witnesses, saw a car jump the curb, hit the boy as he rode on the sidewalk and then race away — say people speed through the neighbourhood at all hours of the day.

It's unknown what role speed played in Friday's crash, but police Sgt. Ryan Scrivens confirmed Wexford is one of the city's "chronic-complaint" areas.

Since July 2012, police have conducted radar operations in the area seven times for a total of seven hours. In that time, nine tickets for speeding were issued with the highest speed recorded 66 kilometres per hour. The speed limit is 50 kilometres per hour.

A woman who lives at 80 Wexford Avenue said the car involved in Friday's crash was moving fast enough to throw the young victim from the sidewalk well into a neighbouring yard.

The woman, who asked not to be named, was decorating a birthday cake for her young son when her husband rushed outside after hearing the crash.

Nearly everyone on the street has kids and concerns about speeding, she said.

Tyler remains in hospital. He was still listed in critical condition at the police service's last update. WITH FILES FROM SCOTT TAYLOR/METRO

By the numbers

364

Number of "chronic-complaint" areas related to traffic concerns in the city

Vigil

Cyclists rallying for injured boy

A bicycle ride and candlelight vigil is planned for Wednesday to support 10-year-old Tyler Brooks-Szabo.

Cyclists will congregate at Lorne Avenue Public School at 5 p.m. Riders will then head to city hall, stopping at 5:30 p.m. before circling around Victoria Park.

They will then pedal to Ridout Street south to Baseline Road and then on to Children's Hospital, where Brooks-Szabo was taken after he was hit by a car Friday night.

More information can be found by searching for "Support Ride for Tyler" on Facebook.

The Ingersoll couple arrested in connection with the crash that injured Tyler made court appearances via video on Monday and were remanded in custody. It's believed they'll make second appearances Tuesday.

Toby Van Lieshout, 34, faces charges including leaving the scene of an accident causing bodily harm and drug possession. His 39-year-old wife, Rebecca, has been charged with being an accessory after the fact, assaulting a police officer and drug possession.

They also face Highway Traffic Act charges.

SCOTT TAYLOR/METRO

A Halloween-themed event dubbed Storyspook Village is packing people in at Storybook Gardens. METRO FILE

Scary nights at Storybook Gardens

A good season.
Halloween events part of successful year at theme park

MIKE DONACHIE
mike.donachie@metronews.ca

Numbers are up at Storybook Gardens, but things are still pretty scary there.

Nobody's upset, though, because the terrifying parts are by design.

People are supporting the city-owned attraction's first series of Halloween-themed events — dubbed Storyspook Village — in costume-clad droves, officials said.

Park manager John Riddell said the park will need about $100,000 of support from the taxpayer this year, compared with $250,000 in 2012 and nearly breaking even the year before.

Already, more than 110,000 people have crossed the threshold since the start of the 2013 season, compared with 120,000 two years ago during that break-even year.

Breathing new life into the park has been a focus for the city in recent years as attendance numbers dip.

"We have had lots of excitement with launching Storyspook Village," said Storybook supervisor Diana Rowe. "We've had lots of calls and lots of interest in what we're doing.

"We ended the year very positively, and we're very excited to keep going with an exciting fall season."

Despite very bad weather on Thursday night, about 75 people were there for trick-or-treat fun with storybook characters including Little Boy Blue and Little Miss Muffet. By Sunday night, there were 500 children as part of a crowd of about 1,000 people.

Storyspook Village wraps up Wednesday. Events run from 6 to 8 p.m.

Frightening forecast

You might want to think twice about your child's Halloween costume if they're planning on trick or treating as an angel, an Angry Bird or pretty much anything with wings. Environment Canada is forecasting a warm, but wet and windy Halloween in London with winds of about 35 km/h.

- After a recent cold spell that saw daily highs in the area of 8 C, Thursday is forecast to hit a mild 16 C. The normal high for this time of year is about 11 C. Unfortunately, there's a 70 per cent chance of showers.
- Meanwhile, the OPP is urging parents and kids to remain safe as they go from house to house in search of treats.

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Adelaide Street rail crossing is a top priority: Council

North-south corridor. Committee in agreement on need for rail overpass, underpass

MIKE DONACHIE
mike.donachie@metronews.ca

Over or under, and when?

It's early days for finding a way to move cars and pedestrians across the Adelaide Street rail crossing near Central Avenue, but one thing's for sure: Everybody wants action.

A council committee has agreed to make building an underpass or overpass at the crossing the city's top priority for rail improvements. The recommendation will be taken up by full council next month.

Members of the civic works committee took turns Monday calling for the project to be done as fast as possible.

But staff urged caution.

City engineer John Braam made it clear that councillors, at this stage, are being asked to agree that an environmental assessment be carried out, looking at all the possibilities.

In response to many mentions of the word "overpass," Braam said: "This is a grade separation. It could go under. It could go over."

He added: "It's a very public process so everybody gets the opportunity to have their say."

Stopping and starting

The city spent five days monitoring the effect of rail delays on traffic at the Adelaide Street crossing from Monday, July 8 to Friday, July 12. Here's the result:

- **Monday.** 9 trains, 29 minutes of downtime (length of time road blocked by a train)
- **Tuesday.** 43 trains, 106 minutes of downtime
- **Wednesday.** 41 trains, 126 minutes of downtime
- **Thursday.** 25 trains, 125 minutes of downtime
- **Friday.** 25 trains, 81 minutes of downtime
- **Average over period.** 36 trains, 117 minutes of downtime

Coun. Stephen Orser pointed out that an overpass will cost far less than an underpass, but Braam said every option — including no action being taken — must be on the table for an environmental assessment.

Then, there's the timeline involved. Currently, there's no schedule for doing the work and there was much concern at the mention of 20 years in a city report.

A pedestrian makes her way across the Adelaide Street crossing near Central Avenue as train cars sit in the adjacent rail yard on Monday. ANGELA MULLINS/METRO

But it's not that simple, said director of roads and transportation Edward Soldo.

The $25-million project is in the city's 20-year budget for work to be covered by money brought in from development charges only as a "placeholder," said Soldo. It will be included in a firmer schedule after the environmental assessment is complete. That means it will probably happen far earlier but nobody knows when.

"This is a great step forward," Orser said Monday. "The Adelaide Street overpass is long overdue.

"This issue has been around since Mayor Joe Fontana was first elected to council more than 30 years ago."

Fontana himself was just as enthusiastic. He said it can't be justified that there are no overpasses or underpasses at rail crossings between Quebec and Talbot streets.

"Londoners deserve to get north to south in a timely way in one of our most important corridors," he said.

Hospital parking plan a bust

Coun. Stephen Orser at the parking meters outside St. Joseph's Hospital. METRO FILE

The councillor who wanted to give parking time-limits outside St. Joseph's Hospital the finger has found his idea rejected.

Coun. Stephen Orser was fined earlier this year after exceeding the time limit while receiving treatment for an infected finger.

So he came to council's civic works committee with a request to have the two-hour time limit extended to six hours, so patients could avoid the fines.

But not even a defibrillator could keep the idea alive. Members of the civic works committee recommended Monday that the issue be left for dead.

A city staff report said extending the limit would be "detrimental to hospital visitors who only need short-term parking."

It would mean parking spots would be occupied when people needed them, it added, and staff already receive complaints that people stay for too long by coming back out to feed the meter.

"There's just no real interest," a disappointed Orser said after the meeting. "Nobody seems to be taking it seriously."

But there is hope for St. Joe's patients, he added, because tickets can be cancelled.

"There is the reassurance that the staff at the hospital work with our staff so people in my situation don't end up being stuck with a ticket," the councillor said.

MIKE DONACHIE/METRO

Wastewater. Middlesex Centre asks London for aid

The City of London was asked to help a neighbour Monday, and officials have promised to think about it.

The civic works committee fielded a presentation from Mayor Al Edmondson of Middlesex Centre for more help with treating wastewater, changing an agreement between the neighbours.

It would allow the village of Arva to grow by 184 houses, as part of a planning policy adopted by Middlesex Centre.

Edmondson said London's Adelaide Pollution Control Plant, which serves Arva, has 21 per cent of its capacity available. The extra houses will take up just half of one per cent, but Edmondson and company need the city to agree before the development can move forward.

London's councillors made friendly noises towards their neighbours, but weren't willing to lend anyone a cup of sugar just yet.

Coun. Matt Brown said if London was to benefit from the house-building instead, it would mean $4.3 million in one-off development charges and $525,000 in annual taxes.

But, like other committee members, he agreed city staff should consider the request.

"I would be willing to support a look, a cautious look, at this, one that considers both parties' interests," he said.

MIKE DONACHIE/METRO

Cheque again: Duffy claims Tory lawyer covered $13K in legal fees

Fuelling the inferno

Stephen Harper has steadfastly maintained he knew nothing of Nigel Wright's largesse, but the circle of PMO and party insiders who were in on the deal appears to keep growing. And Mike Duffy keeps fanning the flames.

- "I've never seen a cheque from Nigel Wright," Duffy noted, almost as an aside Monday. "But I do have the cheque stub and transmittal letter from Arthur Hamilton, the Conservative party's lawyer."
- Duffy alleged — while conceding he could not prove — that the funds for his legal fees came from the Conservative party and thus from the pockets of the same party donors that the PMO was attempting to dupe and placate.
- Duffy laid the blame directly on Harper, saying, "This was all part of his strategy, negotiated by his lawyers and the Conservative party's lawyers, to make a political situation embarrassing to his base go away."
- Duffy said the PMO "rehearsed with me, right up until minutes before I went on television, the lines I would use in the media."

Cue the audible gasp

"That's right. One cheque from Nigel Wright? No, ladies and gentlemen, there were two cheques — at least two cheques."

Sen. Mike Duffy

Sen. Mike Duffy takes the elevator as he arrives at the Senate on Parliament Hill on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

'It was never about ethics, it was always all about politics.' Senator elicits gasps from upper chamber with tale of intrigue and betrayal

The $90,000 from Stephen Harper's former chief of staff wasn't the only secret, five-figure payment made on Mike Duffy's behalf during the Senate expense scandal, the senator at the heart of the controversy says.

For the second time in as many weeks, Duffy — expelled from the Conservative caucus in May — shocked the normally sleepy upper chamber Monday with a tale of intrigue and betrayal he says starts and ends with the Prime Minister's Office.

"The cheques tell who's telling the truth and who is not," Duffy, a former TV broadcaster, declared before releasing more documents to buttress his explosive claims.

At issue is an alleged cover-up in which the PMO paid off Duffy so that he could repay disputed expenses, in return for which, a Conservative-dominated Senate audit committee would whitewash Duffy's behaviour and make the scandal disappear. Instead, the flames just keep getting higher — and on Monday, Duffy poured more fuel on the inferno.

Facing suspension without pay for the next two years, Duffy and fellow Conservative exiles Pamela Wallin and Patrick Brazeau have all lashed out at a PMO they say is railroading them out of political expediency.

Duffy tabled a document with the Senate that shows Arthur Hamilton, the Conservative party lawyer, signed off on a payment of $13,560 to Duffy's legal representative last April 3.

Duffy says he'd already been "coaxed" into accepting $90,000 from Nigel Wright, Harper's chief of staff, to be used to pay off disputed Senate housing expense claims — notwithstanding written assurances from Wright that he'd broken no rules.

"It was never about ethics, it was always all about politics — which explains why Arthur Hamilton was busy cutting cheques," Duffy charged.

Repaying expenses he'd been cleared to claim would make him look guilty, said Duffy.

"But when I insisted on written guarantees that repaying money I didn't owe would not be seen by the Senate as a guilty plea, Nigel Wright arranged to have my legal fees paid," he told a rapt upper chamber.

"That's right. One cheque from Nigel Wright? No, ladies and gentlemen, there were two cheques — at least two cheques."

An audible gasp went up from the gathered senators.

The Prime Minister's Office issued a statement reiterating that Wright has "assumed sole responsibility for his actions."

"The prime minister was not aware of the arrangement and had it been presented to him he would not have approved of such a scheme," said spokesman Jason MacDonald.

THE CANADIAN PRESS

Man charged for allegedly trying to bring explosives onto plane

A man who was born in Iran, but switched his birth name for an Italian one, has been charged in connection with an alleged attempt to bring explosive material onto a plane.

Antony Piazza, as he is now known, faces three charges over an incident that paralyzed Montreal's main airport for several hours and caused a neighbourhood to be shut down.

The story took another twist when his defence lawyer told reporters Monday that his client was transporting a bag belonging to someone else.

A bail hearing is scheduled Tuesday for Piazza, 71, whose original name was Houshang Nazemi.

He faces three charges — possession of an explosive substance, conspiracy to transport an explosive substance on an airplane and endangering the safety of an airport or aircraft.

The Crown objects to his release on bail.

"The investigation is still ongoing and it's hard to tell what's going to come out of it right now," said prosecution lawyer Alexandre Gauthier.

Police said the material found in luggage at a Montreal airport terminal contained everything needed to make a bomb — except the actual explosives.

The suspicious package was spotted at a security checkpoint in the U.S. departures area of Trudeau airport early Sunday morning. But defence lawyer Louis Morena says he was holding the carry-on bag for someone else. THE CANADIAN PRESS

Antony Piazza is shown in a Montreal police photo. Piazza, 71, faces three criminal charges in connection with an alleged attempt to bring explosive material onto an airplane. MONTREAL POLICE/THE CANADIAN PRESS/HANDOUT

John Furlong. Olympics organizer says he's cleared of sex-abuse allegations

The man who organized the Vancouver Olympics says he's been cleared of sexual-abuse allegations brought by a former student, though the RCMP says the file remains open.

The allegations against John Furlong surfaced following a newspaper article published last fall suggesting he physically and verbally abused First Nations students at Burns Lake, B.C., while teaching at a Catholic school there in the 1960s.

This past July, Beverly Abraham and Grace West filed separate lawsuits against Furlong alleging sexual abuse, and a third lawsuit was filed last month by a man who said he, too, was sexually abused.

Furlong says in an interview with Global News that police gave him a letter in April saying they found nothing to substantiate allegations by one of the complainants, identified as Abraham in a letter to Furlong that was posted online.

But RCMP Sgt. Rob Vermeulen says the file remains open and declined to comment further because civil actions are underway.

THE CANADIAN PRESS

U.K., Europe battle the worst storm region has seen in years

Savage weather. At least 13 people have been reported killed in squall that has ravaged several countries

Police and emergency-service workers cordon off the area near scaffolding on the famous pedestrian street, Stroeget, in central Copenhagen Monday. A major storm swept Denmark, western Europe and Britain with winds peaking at up to 200 km/h. JOACHIM ADRIAN/THE ASSOCIATED PRESS/POLFOTO

A major storm with hurricane-force gusts was lashing southern Britain, parts of France and Netherlands Monday, causing flooding and travel delays, including the cancellation of roughly 130 flights at London's Heathrow Airport.

Express train services between central London and Gatwick and Stansted airports were suspended because of the storm, and the major English port of Dover was closed, leading to a cut-off in ferry service to France.

Thousands of homes in northwestern France lost electricity, while in the Netherlands several rail lines were closed, airport delays were reported and citizens were warned against riding their bicycles — a favoured form of transport — because of high winds. Amsterdam's Central railway station was shut by storm damage.

Sweden's Meteorological Institute upgraded its advisory Monday, warning that a "Class 3" storm that could pose "great danger to the public" was expected to hit western and southern Sweden on Monday evening.

Some English rail lines shut down Monday morning and some roads were closed due to fallen trees and power lines. There were delays on many parts of the London Underground network and the opening of the Overground network was delayed several hours.

Air travellers and commuters were advised to check conditions before starting any journeys. Widespread delays were expected as major London train lines delayed their opening because of the winds and tree hazards.

THE ASSOCIATED PRESS

Blackout

220,000

Number of homes in Britain reported without power by UK Power Networks officials.

Texas

Abortion-restricting measures vetoed by federal judge

New abortion restrictions passed by the Texas Legislature are unconstitutional and will not take effect as scheduled on Tuesday, a federal judge has ruled. District Judge Lee Yeakel wrote Monday that the regulations violated the rights of abortion doctors to do what they think is best for their patients and would unreasonably restrict a woman's access to abortion clinics.

THE ASSOCIATED PRESS

Rape charges

Kenyan 'miracle' preacher in custody

A self-styled Kenyan preacher who claimed to help couples conceive "miracle babies" through prayer has been charged with three counts of rape in Britain. Police said Monday that Gilbert Deya, 61, was charged last week with rape, one count of attempted rape on an adult and one count of sexual assault on a 14-year-old girl.

THE ASSOCIATED PRESS

Michael Jackson case.

Doctor found guilty in pop star's death set free

The doctor convicted of killing Michael Jackson was released from jail Monday after serving nearly two years of a four-year sentence.

Conrad Murray was released from a downtown Los Angeles jail at 12:01 a.m., according to the sheriff's office. A change in California law allowed his incarceration time to be significantly cut down.

The former cardiologist was convicted in 2011 of causing Jackson's death in June 2009 by providing the superstar with an overdose of the powerful anesthetic propofol as a sleep aid. Jackson was in the midst of preparations for a series of comeback concerts and Murray was serving as his personal physician.

Murray's prospects are uncertain: At age 60 his license to practise medicine has been suspended or revoked in three states and his face and name are well known due to his association with Jackson and his highly publicized involuntary manslaughter trial. He is appealing his conviction.

THE ASSOCIATED PRESS

In this Oct. 21, 2011, file photo, Michael Jackson's former doctor Conrad Murray sits in a courtroom during his involuntary-manslaughter trial in Los Angeles. REED SAXON/THE ASSOCIATED PRESS

In this Oct. 9, 2012, file photo, former Penn State University assistant football coach Jerry Sandusky, centre, is taken from the Centre County Courthouse by Centre County Sheriff Denny Nau, left, and a deputy after being sentenced in Bellefonte, Pa. MATT ROURKE/THE ASSOCIATED PRESS/FILE

Penn State compensates sexual-abuse victims

Penn State said Monday it is paying $59.7 million to 26 young men over claims of child sexual abuse at the hands of former assistant football coach Jerry Sandusky.

The school said 23 deals are fully signed and three are agreements in principle, but it did not disclose the names of the recipients. The school faces six other claims and the university says it believes some of those do not have merit while others may produce settlements.

University president Rodney Erickson issued a statement calling the announcement a step forward for victims and the school.

"We cannot undo what has been done, but we can and must do everything possible to learn from this and ensure it never happens again at Penn State," said Erickson, who announced the day Sandusky was convicted in June 2012 that Penn State was determined to compensate his victims.

The settlements have been unfolding since mid-August, when lawyers for the accusers began to disclose them.

THE ASSOCIATED PRESS

An overweight service member, who failed the so-called "tape test," struggles doing sit-ups during a workout earlier this month. He hopes to improve his conditioning and avoid being dismissed from the U.S. military.

LENNY IGNELZI/THE ASSOCIATED PRESS

G.I. Joe bodies: Lipo for soldiers

Extra pressure. Service members say they are under scrutiny as the military trims its ranks because of budget cuts and the winding down of the Afghanistan war

Troops often call plastic surgeon Adam Tattelbaum in a panic. They need liposuction — fast.

Some military personnel are turning to the surgical procedure to remove excess fat from their waists in a desperate attempt to pass the Pentagon's body fat test, which relies on measurements of the neck and waist and can determine their future prospects in the military.

"They come in panicked about being kicked out or getting a demerit that will hurt their chances at a promotion," the Rockville, Md., surgeon said.

Service members complain that the Defence Department's method of estimating body fat weeds out not just flabby physiques but bulkier, muscular builds.

Fitness experts agree and have joined the calls for the military's fitness standards to be revamped.

Dr. Michael Pasquale of Aloha Plastic Surgery in Honolulu said his military clientele has jumped by more than 30 per cent since 2011, with about a half-dozen service members coming in every month.

"They have to worry about their careers," the former soldier said. "With the military downsizing, it's putting more pressure on these guys."

THE ASSOCIATED PRESS

Wedding crasher

Man steals wedding gifts

A man wearing a stocking over his head dashed into a Cyprus wedding reception and — in front of the shocked newlyweds and their guests — made off with a bag filled with cash and cheques from well-wishers.

The weekend robbery occurred in the town of Limassol. Spokesman Andreas Angelides said Monday that police have detained a 32-year-old who fits the culprit's build and other general descriptions and are still investigating.

THE ASSOCIATED PRESS

Spain. United States spied on 60 million calls in a month: Newspaper

A Spanish newspaper published a document Monday that it said shows the U.S. National Security Agency spied on more than 60 million phone calls in Spain in one month alone — the latest revelation about alleged massive U.S. spying on allies.

The El Mundo newspaper report came as Spain summoned the U.S. ambassador in Madrid to express its displeasure over the reports of spying on allies.

A European summit last week was dominated by anger over U.S. spying and Germany was sending its spy chiefs to Washington to demand answers.

THE ASSOCIATED PRESS

A man talks on the phone in Barcelona earlier this year — was someone else listening?

THE ASSOCIATED PRESS FILE

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Tim Hortons testing first new coffee since 1964 in Forest City

Brewing up change. Canadian coffee icon to try out dark roast blend, as consumers 'becoming more educated' about their morning cup of joe

After nearly 50 years of pouring the same brewed coffee, Tim Hortons has decided it's time to test whether customers want a darker roast on the menu.

The company announced Monday it is piloting a new coffee in two markets — London and Columbus, Ohio — for customers with a hankering for a more robust flavour.

The pilot launched in 80 stores in Columbus on Monday. It will launch in 70 London stores on Nov. 4.

While Canadians still love the original Tim Hortons blend, their tastes are also evolving, says Dave McKay, vice president, beverages, Tim Hortons Inc.

"Canadian coffee drinkers are becoming more educated. They understand a quality cup of coffee," said McKay.

Like the original, the new coffee is made from Arabica beans.

He said the company will gather reaction from customers at the pilot stores, and learn from experience there before deciding next steps.

Tim Hortons has a 77 per cent share of the brewed coffee market in Canada.

In November, 2009, McDonald's Canada launched a new Arabica coffee nationwide, handing out free cups to encourage customers to give it a try. The new coffee has become a draw for the fast food retailer.

If Tim Hortons customers like the new, darker roast, it will be sold alongside the existing coffee, said McKay. The cost will be the same.

Like the original, the new coffee is made from Arabica beans. He said the company will gather reaction from customers at the pilot stores, and learn from experience there before deciding next steps.

TORSTAR NEWS SERVICE

Taste test coming

70

The dark roast coffeee will launch in 70 London stores on Nov. 4

Be among the first to try it. Tim Hortons will pilot a new Dark Roast coffee blend in London and Ohio. CNW GROUP/TIM HORTONS

Trial begins for top tabloid brass in England

The trial of two former top editors of Rupert Murdoch's defunct News of the World began Monday with the selection of a jury to hear the complex and high-profile case sparked by a tabloid phone-hacking scandal that has shaken Murdoch's media empire and tarnished the image of British journalism. Rebekah Brooks, seen arriving to a London court Monday, and Andy Coulson — both one-time senior Murdoch aides and associates of British Prime Minister David Cameron — are charged with conspiring to hack the phones of celebrities and other people in the public eye and with making illegal payments to officials for information. DAN DENNISON/GETTY IMAGES

Concern. Health Canada, group at odds over health effects of cellphone use

A safety advocacy group says Health Canada is ignoring science that shows some Canadians are getting sick from using cellphones and other wireless technology.

Canadians for Safe Technology says they've obtained documents showing the government is controlling a so-called independent review of radiation from cellphones, cell towers and Wi-Fi.

The Royal Society of Canada is holding public meetings in Ottawa to hear from people who say they suffer negative health effects from using wireless devices.

Some of the symptoms reported include insomnia, heart palpitations and headaches.

Frank Clegg, the CEO of Canadians for Safe Technology, says the Royal Society's review panel has too many members who are beholden to the wireless industry.

In July, panel chairman Daniel Krewski resigned over a conflict.

Two other panel members were replaced last month when a new chair was named.

In its most recent posting online, Health Canada says a consensus among scientists indicates that radiation from cellphone towers is too low to cause adverse health effects in humans. THE CANADIAN PRESS

Unions. Hot dog stand chain sorry for setting up at Ikea as strike drags on

Vancouver's iconic Japanese hotdog stand chain folded up shop after just one day this weekend at Ikea Richmond, where more than 350 workers have been on strike for more than five months.

An announcement Japadog made on its Facebook page that it would open for a one-week stint garnered dozens of angry comments.

On Sunday, Japadog updated its Facebook page to announce they had closed the location, and apologized to all Ikea staff for any inconvenience.

Anita Dawsen, a business agent with Teamsters Local 213, the union that represents the workers, said she was pleased with the decision, explaining that hot dogs are sold by workers at the IKEA bistro.

IKEA spokeswoman Madeleine Löwenborg-Frick said the company asked Japadog to come to the Richmond store because the bistro has been closed during the labour dispute.

KATE WEBB/METRO IN VANCOUVER

More to stress about

Sitting all day bad for the bottom line

Sedentary lifestyle has crept up as a key concern for Canadian employers, according to a new wellness survey from Sun Life Financial. Twenty-four per cent of employers consider work-related stress and sedentary lifestyles the most serious health risks affecting their employees. THE CANADIAN PRESS

Fired for long lunches

Disabled greeter at Walmart wants job back

Walmart officials are reviewing the firing of a disabled man whose caretaker wife said deserves a second chance to keep his job as a greeter. Matt Wood was reportedly fired after clocking in late for lunches. THE ASSOCIATED PRESS

Market Minute

DOLLAR 95.74¢ (+0.09¢)

TSX 13,371.84 (-27.58)

OIL $98.68 US (+83¢)

GOLD $1,352.20 US (-30¢)

Natural gas: $3.57 US (-11¢)
Dow Jones: 15,568.93 (-1.35)

GENERATION INSTAGRAM POPS THE Q

SHE SAYS

Jessica Napier
metronews.ca

The holiday season is just around the corner and there's something about those snow-dusted, LED-lit few weeks that make the end of the year an ideal time for marriage proposals. Kanye West kicked off the engagement season last week by popping the question to girlfriend Kim Kardashian with an Instagram-worthy spectacle that involved an empty baseball stadium, a 15-carat diamond and a 50-piece orchestra playing — what else — his own music.

I'm a sucker for an elaborate proposal story. Yes, I know it should be an intimate and personal affair between a couple and it's not about how it's done but the meaningful commitment being made and all that sensible stuff. But there's just something so lovely about hearing a tale of meticulously thought-out plans that involve homemade crafts, animals, fireworks, flash mobs of dancing strangers and a professional photographer secretly capturing the whole moment.

Asking someone to marry you is nerve-racking enough without thinking about all of the logistics involved with co-ordinating an over-the-top proposal. Which is why some would-be grooms are turning to professional event planners to help pull off the perfect proposal.

At Toronto-based company Save My Date, owner Lida Elias helps clients to design and execute picture-perfect dates to pop the question to their significant others. "Shows such as Millionaire Matchmaker and The Bachelor put a lot of pressure on men to really wow their dates," says Elias. "And with the growth of social media in the past few years, expectations have increased even more since we can now witness and share each other's proposals."

From scenic helicopter tours over the city to luxurious shopping sprees, Elias works with clients to put together unforgettable customized experiences based on their personal interests and budget. "I take a couple's favourite things to do into consideration and source appropriate vendors to create a wonderful, personalized proposal, hassle free."

The dates are as unique and diverse as the couples she works with. One client might ask her to organize an elegant gourmet meal cooked by a private chef while another may want help arranging a simple and romantic picnic in the park. One of her most extravagant proposals involved renting out an entire theatre in downtown Toronto, decorating the stage with rose petals and candles and booking a live jazz singer to serenade the two sweethearts with their favourite song.

"Sure, you can propose over breakfast at home and she'll most likely say yes, but this is a story that you'll have to re-tell to all of your friends and family until the day you're married so it's best to try to make it a bit more thoughtful and memorable," says Elias. "It's nice to take the time to plan something that tells your partner that you really know them and care about them enough to make the day a bit more special than every other Saturday night you spend together."

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

This will give you spinal slithers

ULET IFANSASTI /GETTY IMAGES

Snakes soothe away pain

This new snake massage will have you squirming the stress right out of your system.

Those brave enough to try the treatment will have several pythons placed upon their back at the Bali Heritage Reflexology and Spa in Jakarta, Indonesia. It's believed that the adrenaline-related fear is metabolically beneficial. METRO

Nervy woman goes from hiss to bliss

"It can only be described as kind of kneading sensation — a little like a traditional massage. The wriggling of their bodies across my muscles was strangely relaxing. The only thing that I had to do was block out the fact that I had a number of snakes slithering across my spine," explains Miriam, who tested the charms of the python treatment. METRO

Alternative luxuries

- **Chocolate facial.** Forget the detox: This one will have you licking your lips. The Pennsylvania hotel opened by the owner of Hershey's confectionery in the 1930s offers a tasty cocoa-based facial treatment.
- **Cryotherapy.** At the Haikko spa in Porvoo, Finland, you can sit in a freezing chamber (–110 C) — but don't get too chilled as you may well develop hypothermia and die.
- **Orgasm hotel.** The Venusgarden in Scania, Sweden, has its customers coming back for more by offering a range of relaxing climaxes through sex toys, erotic books, mirrored ceilings — and a swing.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

ISTOCK IMAGES

Douglas Coupland is not only a bestselling novelist, but also a visual artist and author of TEMP, an exclusive, 20-day fictional story running in Metro this November. Known for his musings on art, culture and technology, he's been quoted saying, "I miss my pre-Internet brain." In a visit to Metro on Monday, I asked him what, exactly, he misses most about a non-Internet-influenced noggin.

Remembering facts:
Who needs to keep useless trivia in your mind when we've got Wikipedia? "I miss remembering facts ... but not that much. Give me Wikipedia every time."

Being wrong:
There's a certain comfort in not knowing all the things all the time. Like song lyrics, for example. But despite having songlyrics.com at his finger tips, he still can't figure out what Suffragette City really means.

Spinning blarney:
"I write fiction for a living," says Coupland. "Everything can be fact checked these days and that can be a drag. It's harder to embellish a story."

Visiting the library:
While libraries certainly do still exist, Coupland says he takes a walk among the stacks one in a hundred times as often as he used to.

Twitter

@metropicks asked: A Wendy's meal is = to 8 cups of Kraft Dinner but you can't customize a Wendy's meal. @DougCoupland wants to know how you customize your KD?

@MBrentM: cheese whiz instead of butter, add garlic (lots), a few dashes of cayenne pepper, and loads of black pepper.

@Dancininthedark: KD, wieners, sides of tomatoes & dill pickles #kddelish

@JustinMoris: With a can of tuna, a little diced tomato and lots sriracha.

@Gary_Zinck: Have to have my KD wih chilly powder and bbq sauce..

@Newbornstranger: sometimes I'll add a spoonful of cream cheese to my KD, and always lots of fresh ground pepper.

@AmandaBurgessPR: I like my KD with oven-broiled sopressata and a dash of ketchup.

@LevonStevenson: KD with chicken fingers and plum sauce a la mode!

Follow @metropicks and take part in our daily poll.

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Send us your comments: londonletters@metronews.ca

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There's no shortage of horror playing on movie screens on Halloween night, but you can take a patriotic route with some chill inducing Canadian horror films. "Even though Canadian films are known primarily as an auteur cinema, there's a long-running history of genre and horror cinema," says Steve Gravestock of the Canadian Open Vault program at the TIFF Bell Lightbox in Toronto.

TORSTAR NEWS SERVICE

5 Freaky flicks from Canada

The Changeling (1980)

The film, which stars George C. Scott as a widower who unknowingly rents a haunted mansion, was a big commercial success for producer Garth Drabinsky. Although contemporaneous with Halloween and Friday the 13th, Gravestock says "because The Changeling was a classically tinged ghost story it stood out and resonated with many people who saw it at the time."

Ginger Snaps (2000)

The werewolf tale Ginger Snaps, written by Karen Walton, equates lycanthropy with maturation and menstruation. "It's aware of the fact that it's not the first werewolf movie or first viral infection movie, but it overturns a lot of those things, like taking shots at the doldrums of suburban life," says Gravestock, adding that David Cronenberg's influence of body horror is evident in Ginger Snaps. It spawned several sequels.

Black Christmas (1974)

The first holiday-themed horror film also set the template for the slasher genre, says Canuxploitation editor Paul Corupe. "But at the same time, it's more polished and artistically done than many of the later slashers." Filmed in Toronto, Corupe says it reflects the city in a way Canadians didn't often see. "It has a snowy and cold atmosphere — you can see people's breath — but it's not cold in the clinical way some of Cronenberg's films come across."

Rituals (1977)

Five doctors learn that their camping excursion has gone awry when a lurking maniac places a decapitated deer head near their camp. But the maniac isn't the problem. Caelum Vatnsdal, author of the book They Came From Within: A History of Canadian Horror Cinema, says Rituals is as Canadian a horror movie as you can get, calling it a good starting point for those new to the genre. "It's the landscape and the wilderness that's really trying to kill these guys."

Pin (1988)

A psychosexual thriller about the relationship between Leon, a young schizophrenic, and Pin, an anatomically correct doll. Dave Alexander, editor-in-chief of Rue Morgue Magazine, was not only struck by how disturbing the movie was, but by its level of restraint. "It ties into the tradition of Canadian filmmaking where there is a sense of repression," he says. "It's not a slasher film with big gestures and shocking violence. It's a quieter, more internal kind of horror."

When killing zombies brings you self-actualization

Norman Reedus. The Walking Dead star talks about how his character is growing

ALLEN HOUSTON
Metro World News in New York

Norman Reedus is coming off a zombie-killing high. The actor, who plays Daryl — the redneck biker with a heart of gold on AMC's The Walking Dead — is taking a break between scenes to talk with Metro about the new season of the apocalyptic smash hit, its loyal fans and what he calls the "meatiest" season yet. The Boondock Saints star, photographer and former Prada model promises lots of surprises and more complex character development as the group faces its most dangerous threat ever this year.

You had your biggest viewership ever for episode one of the fourth season (16.1 million viewers) on Oct. 13. What can fans expect from the new season?
The first season started off as a heartbeat and a hyperventilating breath, and the second season was more storytelling, and the third season was a full-blown war. This season has all of those things but it breathes a little differently. It's definitely more character-focused and the best scripts that we've ever gotten.

Your character has really developed from the first season. What can we expect in season four in terms of Daryl's growth? Will he continue to grow into a leader among the survivors?
He definitely has more of a leadership role this season. The thing with Daryl is that he is never trying to be Rick. When things need to be done he definitely gets them done but he isn't trying to lead the whole group. He grew up a lot with the death of his brother. He's becoming his own person and finding self-worth through helping these other people. You see him in a different place. He doesn't seem very afraid of anything at this point.

Norman Reedus stars in The Walking Dead. CONTRIBUTED

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Perry to fellow pop stars: Cover up already!

Katy Perry

Katy Perry has some harsh words for fellow pop stars like Miley Cyrus and Rihanna — though she won't go so far as to mention them by name. "Everybody's getting naked. I mean, I've been naked before but I don't feel like I have to always get naked to be noticed," she tells NPR's Weekend Edition in an interview. "I'm not talking about anyone in particular. I'm talking about all of them. I mean, it's like everybody's so naked. It's like, 'Put it away!'"

Christina Ricci weds over the weekend

Christina Ricci married fiancé James Heerdegen in a small New York City ceremony over the weekend, according to Us Weekly. The happy couple exchanged vows in front of close friends and family at an evening ceremony on the Upper East Side. Ricci and Heerdegen first met on the set of the short-lived TV series Pan Am in 2011 and were engaged in 2012.

Olivia Wilde and Jason Sudeikis. ALL PHOTOS: GETTY IMAGES

Baby? check! Salsa? Check! Wilde and Sudeikis are ready for parenthood

Olivia Wilde is expecting her first child with fiancé Jason Sudeikis, according to E! News. And after the news broke, Wilde took to Twitter to thank her fans for their support. "You guys are awesome. So kind," she posted. "Babies eat mostly salsa, right?"

The couple met in 2011 and announced their engagement in January. In March, Wilde told Marie Clare magazine that while she "can't wait for children," there was no definite plan at the time. "I'm open-minded about how many, but three — which I love — is like a little party," she said. "I'm not trying to have kids now — there's no strict plan for anything in my life. What happens, happens. He's so good with kids. I've never before experienced looking at someone and thinking, 'That's who I want to raise a child with.'"

The Word

Play it Baby One More Time (to keep the pirates away)

CASSANDRA GARRISON
Metro World News in New York

This is one Oops from Britney Spears that can be excused — the pop princess' most catchy singles are reportedly being used to fend off Somali pirates, who have a surprising aversion to American music.

Spears' songs like Oops! I Did It Again and Baby One More Time get blasted by ships out to sea off the east coast of Africa, which has proven an effective technique for preventing pirates from boarding. Merchant navy officer Rachel Owens told the U.K.'s Metro that Britney Spears songs were specifically selected for being particularly annoying — to the pirates, at least.

"These guys can't stand Western culture or music, making Britney's hits perfect," Owens said. "It's so effective the ship's security rarely needs to resort to firing guns."

Somali pirates have long posed a threat to Western tankers off the coast of Somalia. The real life story of an American ship captain and his crew, who found their vessel hijacked by pirates in 2009, unfolded on the big screen in the recent release of Tom Hanks' latest film Captain Phillips.

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Half off

Half Off: Healthy messages

Metro Winnipeg editor Elisha Dacey has teamed up with fitness professional Jordan Cieciwa and registered nutritionist Theresa Albert to help lose half of her body weight.

One of Dacey's most important weight loss motivators: her five-year-old daughter Annabelle.

"I'm unhealthy not only because of what I was eating but because of lack of activity — and I'm very afraid of passing on my issues to her," explains Elisha.

So now, Mom's messages are healthier than ever. Dacey and her husband have always been diligent about making mealtimes tasty and good for you.

"We decide what she eats — and we do hide vegetables in foods, like zucchini and carrots in spaghetti. Annabelle decides how much she wants. If she doesn't like it, there is always fresh fruit or vegetables."

It makes a difference.

"Letting her decide has made the difference. She's not a picky eater. She is a pretty good eater. And she tells me when she's full," says Elisha.

Annabelle is also encouraged to try different sports — she takes swimming lessons, is signed up for soccer and may start jujitsu.

Elisha is trying to incorporate activity into family time too. Now that they have a backyard (the old house didn't), they can go out and kick around a soccer ball around. Or, the three just go for a walk.

"I'm doing this not just because I want Annabelle to be healthy," says Elisha, "but because I want to be here as she grows up."

For Cieciwa's advice on getting your kids moving or Albert's tips on sending your kids positive food messages, visit metronews.ca/half-off/.

YLVA VAN BUUREN/ FOR METRO

Do you want six-can abs or six-pack abs?

Health options. The bottom line is if you want to get a toned body you have to put in the work and make good life choices

LINDA CLARKE
Metro World News

It's one thing for David Beckham to advertise underwear wearing little more than a smirk and an astoundingly taut abdomen. However, can the non God-like Average Joe develop an Adonis type physique?

"Yes, they really can," laughs Eli Ingram, a New York Sports Clubs personal trainer. (The company also has the Boston, Washington, and Philadelphia Sports Clubs.)

"It's achievable for anyone who wants to put in the work. A lot of it is exercise, a combination of total body conditioning and extra ab work. It's also nutritional, because men have to look at the way they eat."

And drink.

You don't get six-pack abs by quaffing pints of beer no matter how much exercise you do.

"You have a choice: Six-can abs, or six-pack abs," Ingram jokes.

Apart from being useful for modelling underwear, strong abdominal muscles means a strong body core to support movement, and that means less stress on joints and on the lower back.

"A strong core is very important," Ingram says. "The stronger the abs, the stronger the core, and the stronger the body as a whole. In order to build a strong core you need to do both endurance and strengthening."

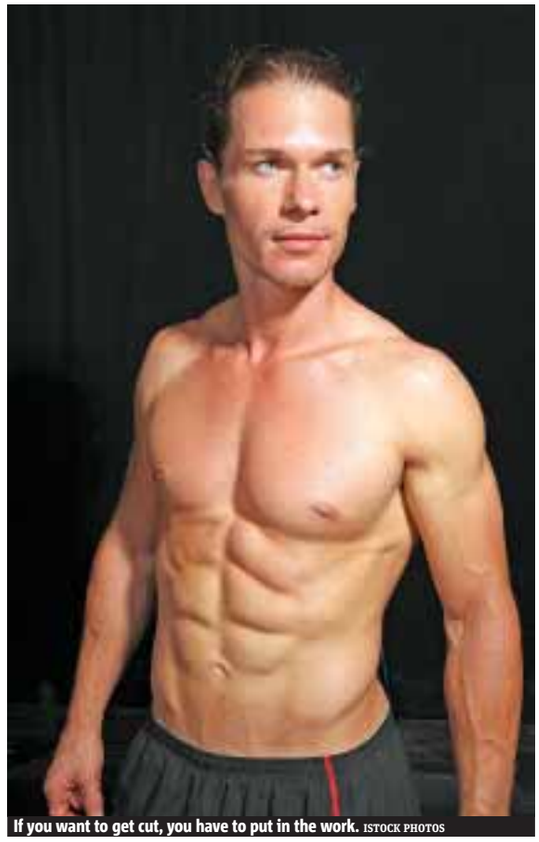
Besides washboard abs, traditionally, men focus on developing arm and chest muscles.

"Arms are the first thing you see," Ingram says. "Whether someone is wearing a shirt or not, you can tell if someone has strong arms."

Ingram's core workout also works the pecs and arms and incorporates the whole body in support of the exercises.

While swapping a paunch for strong abdominal muscles has health benefits, it isn't the main reason why most men train.

"It's all about physical appearance," says Ingram. "These are large muscle groups and they can be esthetically pleasing when developed."



If you want to get cut, you have to put in the work. ISTOCK PHOTOS

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Runtastic six pack

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Kris Abel
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Full of features, yet limited to abdominal exercises, this interval workout offers a nice mix of instructional videos, synchronized music and a calorie counter. Unfortunately the free version has annoying ads.

Here are a couple exercises to carve a six-pack, get killer pecs and pump those biceps.

Cable crunches

Grasp the cable rope attachment with both hands and place against your head. Position your hips back and flex allowing resistance on the cable pulley to lift torso upward. With your hips stationary, flex your waist so your elbows travel toward the middle of your thighs. Return and repeat.

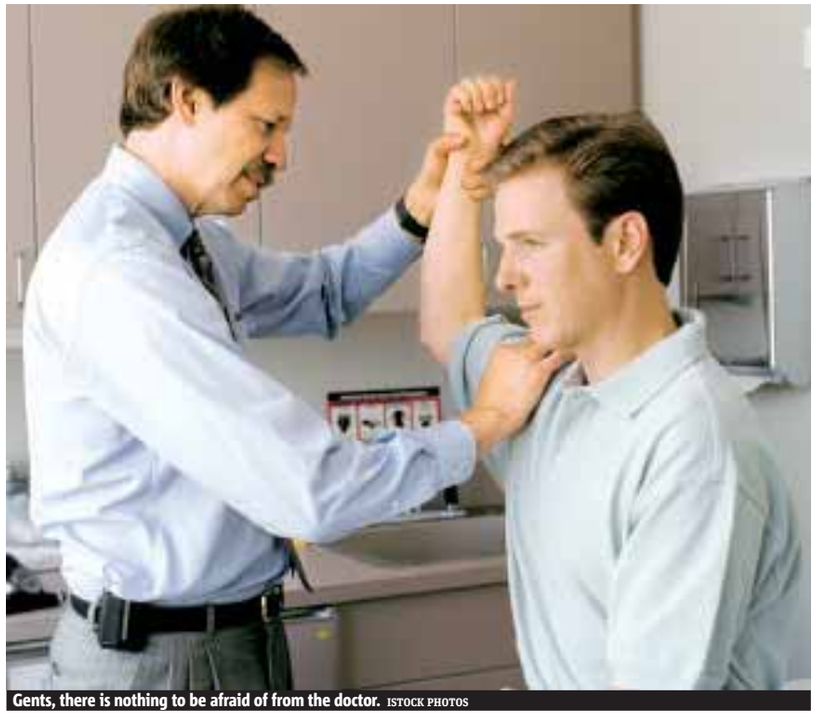
Battle rope hip toss

To perform the hip toss, grab the rope in either a single or double overhand grip. Keep feet firmly planted on the ground, lifting the rope off the floor. Rotating the hips and torso, bring the arms from one side of the body to the other. Make sure arms stay close to the body.

Why won't the man in your life go to the doctor?

Men's health. Study finds that more than half of premature deaths among men are preventable if they are detected early enough

MAJA LUNDAGER PEDERSEN
Metro World News



Gents, there is nothing to be afraid of from the doctor. ISTOCK PHOTOS

Statistics show that many men's doctor habits are as bad as teenagers' morning behaviour — they seem to keep pressing snooze when it comes to getting up and off to the recommended check-up.

According to a survey conducted by the U.S. Centre for Disease Control, 26 per cent of men had no office visits to a doctor or other health professional in the past 12 months. Only 13 per cent of women, on the other hand, did the same.

"My perception is that it's denial," say Dr. Jonathan Swartz, internal medicine physician and regional medical director for Montefiore Medical Center.

Men's Health Network, a non-profit organization aimed at improving the health of men and boys, points at men's upbringing as one of the reasons guys might be hesitant to see their MD. From an early age, boys are taught not to cry and complain, and being ill is seen as a weakness. Swartz recognizes this behaviour.

"What I experience much more with men (than women) is that they tend to deny and minimize symptoms and problems that they are having," he says. "I will usually start the visit saying, 'Are we having any problems today?' (The man says) no, but then the wife kicks in and says, 'You are not going to tell him about the chest pain you have had every day for the last two weeks and that you can't climb up the stairs anymore?'"

The Men's Health Network recently found that two-thirds of men wouldn't even go to the doctor if they were experiencing chest pain. Shockingly, they also found that more than half of premature deaths among men are preventable.

"High blood pressure, diabetes and high cholesterol don't have any symptoms, and if you wait until the time that you feel sick (before) coming to the doctor, it's too late," Swartz says.

Best Health

Health apps for man's best friend

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In every issue of Best Health, we have an article called Best Health For Pets and in the October issue, on newsstands now, we rounded up some of the new ways you can keep your furry companion happy and healthy. Smartphone apps are making it easy to have key info at your fingertips. Here are just a few, plus one for fun.

PupTox (Android, iPhone; $0.99).
PupTox lists more than 250 items that can harm or kill your pet if ingested, including food, plants, chemicals and common hazards such as coins, batteries and bones. The chocolate toxicity calculator uses your pet's weight, type of chocolate and amount consumed to determine the level of toxicity. It also provides one-click phone access to poison hotlines (for a fee).

Pet Care Services (iPhone, free).
This is a must-have if you travel with your pet. Using GPS, it'll locate the nearest vet clinics, pet-friendly hotels, groomers and pet stores across Canada and the U.S.

Pet Names (Android, iPhone; free).
The iPhone and Android pet-naming apps are created by different companies but both will help you find the ideal name for cats, dogs, birds, gerbils and even turtles. Pet Names for iPhone allows you to browse by alphabetical listing, pet type or popularity; with Pet Names for Android, browse by list or at random.

Pet First Aid (Android, $2.97).
This one is for your dog, cat, puppy or kitten. Emergency situations such as choking, lacerations and burns can strike your pet anywhere, anytime. The Pet First Aid app will unleash a database of health information right on your smartphone.

FOR MORE FITNESS, FOOD AND BEAUTY FROM BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA, OR CHECK OUT OUR IPAD APP.

Smartphone apps now make it easy to check information about your pup's health. ISTOCK PHOTOS

Join Us
CROHN'S&COLITIS
Patient Education Symposia
inflammatory bowel disease connect with others
latest news in research living well with ibd personal testimonials
www.ccfc.ca/symposium2013

The Crohn's and Colitis Foundation of Canada (CCFC) presents a free educational forum.

Living with inflammatory bowel disease (IBD) can be challenging, and varies in severity from person-to-person. If you have been diagnosed with or treated for IBD, you may have questions about effective management and finding a treatment that's right for you.

This coming November, the CCFC is pleased to present the Crohn's & Colitis Patient Education Symposia. Learn about IBD, build a network of support and gain a better understanding about treatment options and research.

Join the discussion as the CCFC, in collaboration with leading gastroenterologists and researchers address today's most pressing IBD issues.

COME, LEARN AND ASK YOUR QUESTIONS.

To register and find event times and locations visit: www.ccfc.ca/symposium2013 or call 1-800-387-1479 ext. 200

Kamloops, BC
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Toronto, ON
November 10, 2013
London, ON
November 10, 2013
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November 10, 2013
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November 16, 2013
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November 16, 2013
Regina, SK
November 16, 2013
Winnipeg, MB
November 16, 2013
Sherbrooke, QC
November 17, 2013
Edmonton, AB
November 17, 2013
Saskatoon, SK
November 17, 2013
Burnaby, BC
November 23, 2013
Ottawa, ON
November 23, 2013
Victoria, BC
November 24, 2013

Crohn's and Colitis Foundation of Canada
Fondation canadienne des maladies inflammatoires de l'intestin

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Jeepers, creepers where'd you get those meatball peepers?

These eyeballs make a fun dinner or a Halloween party appetizer.

You can substitute extra-lean ground beef or veal for the poultry.

This recipe makes about 30 meatballs. THE CANADIAN PRESS

Ingredients

- 1 egg
- 125 ml (1/2 cup) dry seasoned bread crumbs, divided
- 175 ml (3/4 cup) shredded white cheddar cheese
- 1 large clove garlic, minced
- 2 ml (1/2 tsp) each dried basil and thyme leaves
- 1 ml (1/4 tsp) fresh ground pepper
- 500 g (1 lb) extra-lean ground chicken or turkey
- 1 jar (375 ml/12 oz) queen-size pimento stuffed green olives, drained
- Pasta sauce (optional)

1. Heat oven to 190 C (375 F). Line a baking sheet with parchment paper.

2. In a large bowl, stir together egg and 45 ml (3 tbsp) of the bread crumbs, cheese, garlic, basil, thyme and pepper. Add chicken and, using hands, mix well to combine.

3. Using about 15 ml (1 tbsp) of the mixture, roll into a ball and then roll into remaining bread crumbs and place on baking sheet. Repeat with remaining mixture.

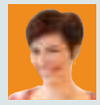
4. Push 1 olive into each meatball and reshape as necessary to form eyeball. Bake for about 15 minutes or until golden brown and no longer pink inside.

5. Serve with pasta sauce, if desired.

THE CANADIAN PRESS/DAIRY FARMERS OF CANADA

Health Solutions

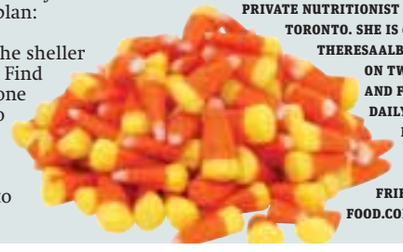
Surviving Halloween



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Let's face it. Halloween is nothing but a make-work project for moms. You buy a bunch of candy you would rather not spend money on, rush home, shove a meal in front of kids that they would rather not eat, dress them up in ways you would rather not see and negotiate at the end of the night over treats you would rather they not ingest. This year is going to be different. It's mommy time. Here's your plan:

- Be the sheller outer. Find someone else to take kiddies door to door.



- Have paper cups at the ready and a slow cooker full of mulled apple cider with rum for the parents who come door-to-door with kids in tow looking a little chilly or cranky.
- Put some Mexican music on and blast it onto the porch. Wrap yourself in a colourful blanket and call it your costume. Sure, wear a sombrero.
- Use up those paper bags by putting LED candles in them and calling it Halloween decorations. Come on! That's plenty of spirit.

Bah Humbug. Wrong holiday?!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM

The boy who cried bully — at school and at work

Term overuse.
Attention to the issue may help real victims, but there's a risk that this label is used a little too freely

Was a losing team bullied? Is your angry spouse a bully? How about that co-worker who's always criticizing you? Or the politicians who forced a government shutdown?

Bullies aren't just for middle schoolers. These days, they're everywhere.

In Texas last week, the football coach at Aledo High School was accused of bullying after his team won 91-0. With no mercy rule in place to stem lopsided victories, the coach even tried to minimize the blowout by benching his starters and letting the clock run uninterrupted after halftime.

A parent from the losing team accused the coach of "bullying" — an accusation that requires the school district to investigate under state law.

And while many found the accusation baseless, it's the kind of complaint that seems to have become more common thanks to national campaigns to draw attention to the real problem of bullying.

Malcolm Smith, a professor in the University of New Hampshire's education department, says what constitutes real bullying is measurable: Is the behaviour so damaging that it interferes with the target's ability to go to school or do their job or otherwise conduct themselves safely? And secondly, does the behaviour involve an imbalance of power?

THE ASSOCIATED PRESS

Bullies in sports?

In the Texas case, school district administrators found no grounds for the complaint, and many observers agreed.

"Of course it's not bullying. That's ridiculous! It's a game. It has people who lose. That's a fact of life," said Smith.

Which is not to say that bullying or other types of personal intimidation don't happen in sports. Rutgers basketball coach Mike Rice was fired for screaming at his players, calling them names and kicking and shoving them.

But under normal circumstances — without that type of behaviour — losing in sports can actually be good for kids, says Nadine Connell, who teaches criminology in the University of Texas at Dallas. "It teaches you the mechanism for coping with losing."

Bullies in politics?

In May, U.S. Sen. Harry Reid called Sen. Ted Cruz a "schoolyard bully. He pushes everybody around ... and instead of playing the game according to the rules, he not only takes the ball home with him but changes the rules. That way, no one wins, except the bully."

But not everybody thinks that political clashes — even extreme ones — qualify as bullying.

"Politics is at times confrontational," said Dan Holler, spokesman for Heritage Action, a conservative policy advocacy organization. "When those confrontations happen, it's not a matter of bullying. It's a matter of trying to litigate policy."

Bullies on the job?

Dr. Harold Pass chairs a committee that evaluates allegations of disruptive behaviour at Stony Brook University Medical Center in New York. He says "bullying" accurately describes workplace situations where someone is targeted by a fellow employee — whether it's a doctor trying to make another one look bad or a nurse targeted by a superior.

"Bullying means intentionality," Pass said. "Any place there's a power differential, where someone puts other people down, where it's done willfully, not randomly or unconsciously, that could be bullying."

Some conflicts in the workplace are more easily defined as harassment rather than bullying. "Bullying is a lot more volitional," Pass said.

Bullying elders?

No one denies that bullying among kids is a serious problem. Just look the many tragic cases of adolescents committing suicide after being tormented by peers in school or online.

But some kids have been called "bullies" over stupid pranks. Lawyer Monrae English represented three boys at a Fresno, Calif., high school suspended for bullying after they created a phoney Facebook page with the principal's name on it.

"They put silly stuff on there — about how homework needs to be done and something about liking Twilight movies," she said.

When the school took steps to expel the boys, their families hired attorneys. Eventually the school backed down and wiped the boys' records clean.

Bullies in everyday life?

Ben Leichtling, founder of BulliesBeGone, says "bullying is not only about kids. It happens all the time, in every culture, with people at every age, in every situation, and always has."

When he coaches adults coping with bullies on the job or in bad marriages, he offers the same advice used to curb bullying in schools. "You have to say, 'This behaviour is not allowed,'" Leichtling said. "And you may have to get in the bully's face."

For years before he became a psychotherapist, Leichtling had a career running research labs. He says it was good training for the anti-bullying work he does now. "Boy, I saw bullying in science," he said. "It's not an ivory tower. Academia is vicious!"

To figure out what you spend on health care annually, start by checking your past few tax returns. ISTOCK

How much does health care cost you? Try 1,400 big ones

Unplanned outlays. Data shows health care is a significant expense and a major factor in increasing stress levels

YOUR MONEY
Alison Griffiths
money@metronews.ca

How much do you pay for health care every year? If you're an average Canadian it amounts to nearly $1,400 over and above what provincial, workplace or personal health care plans cover.

Those on the East and the West Coasts spend much more, over $1,700 annually.

And these figures are for one person. Out-of-pocket household medical expenses for a family of four can easily top $5,000 annually.

These figures come from the 2013 Sun Life Canadian Health Index, which shows that not only is health care a significant expense, but it also is a major factor in increasing stress levels.

On top of regular medical expenses partially or not covered by a health-care plan, there is the financial impact of health emergencies from lost income to a myriad of additional costs.

The first line of defence is to pay attention. Knowing what you spend (just check the last few tax returns) is important.

The next step is to include that number in a household budget. There are lots of online budgets available. One I like is provided by the Financial Consumer Agency of Canada at fcac-acfc.gc.ca. Go to Tools and Calculators for the downloadable budget.

Of course, one doesn't usually spend an exact amount on health care monthly. Still, budget for it and ensure the money is earmarked for medical expenses and available when it is needed.

One technique is to move unspent funds to a savings account every month. When money accumulates in an everyday spending account it's easy to, well, spend it.

Budgeting for a health emergency, like a car accident, is harder. However, it is important to set aside some funds, just in case.

Survey where your savings dollars are going. If most of them end up in an RRSP and an RESP for the kids' education, you are courting trouble. The Health Index results indicate that 22 per cent of those who experienced a health emergency turned to credit to pay the costs. Others (12 per cent) had to borrow from family or friends while nine per cent dipped into their RRSPs.

It's better to have a little less money in retirement or education savings than face a major medical event without cash to smooth the way.

Savings strategy

Survey where your savings dollars are going. If most of them end up in an RRSP and an RESP for the kids' education, you are courting trouble. The Health Index results indicate that 22 per cent of those who experienced a health emergency turned to credit to pay the costs.

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*Based on $12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of $3200 @ 19% per annum with monthly payment of $150/month, and $1000 @ 25% per annum with monthly payment of $100 and loan of $8000 with 3 year term @ 9% per annum with monthly payment of $265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

Skiing

Vonn sticks to original timeline

Lindsey Vonn was tempted to speed up her return from knee surgery to rediscover the rush of racing.

Instead, she made what she calls a "wise" decision. The Olympic downhill champion skipped last Saturday's season-opening race in Austria.

She will stick with her original plan to come back at home at the event in Beaver Creek, Colo., from Nov. 29 to Dec. 1.

After training in Chile in August went better than expected, Vonn flirted with the idea of coming back for the giant slalom in Soelden. She decided last week to wait. Her right knee felt great in training, but she could tell her body just wasn't quite ready to race.

THE ASSOCIATED PRESS

OHL

Knights bring in German Bender

The London Knights have reached an agreement with import defenceman Tim Bender.

Bender, 18, and from Mannheim, Germany, was the Knights' second-round pick in June's import draft. He has played 11 games this season with Munich in the German Ice Hockey League.

Bender, six-foot-four and 174 pounds, arrived in Canada on Monday. Last year, he had 14 goals and 16 assists in 30 games with the Mannheim under-18 team.

The move comes after a week in which the Knights won only one of three starts and lost front-line defenceman Olli Maatta to the NHL's Pittsburgh Penguins.

DAVE LANGFORD/METRO

World Series

"He was reminded once he got on base, and also he was reminded that run didn't mean much, be careful, shorten up."

St. Louis Cardinals manager Mike Matheny, who declined to take it easy on Kolten Wong after the rookie was cut down in Game 4 for the first-ever game-ending pickoff in a World Series, pointing out he knew about Boston closer Koji Uehara's strong move. Go to metronews.ca for coverage of Monday night's Game 5 in St. Louis.

The 1980-81 Fanshawe Falcons men's basketball team will be inducted into the London Sports Hall of Fame Nov. 7. The team includes head coach Glenn Johnston, centre back, and MVP and captain Vito Frijia (25). CONTRIBUTED

London's best to deck the Hall in November

Hall of Fame. Local legends to be feted at Carousel Room

DAVE LANGFORD
dave.langford@metronews.ca

A two-time Stanley Cup champion and a two-time Canadian college championship basketball team lead the list of inductees into the London Sports Hall of Fame on Nov. 7.

The Hall of Fame dinner is planned for the Western Fair District's Carousel Room, with a reception at 5:30 p.m. and the program at 6:30 p.m.

On the same night, the three London Spirit of Sport winners will be introduced.

They are administrator of the year Danielle Hall, president of the London Ramblers basketball club; volunteer of the year Ron Elijah, a field and box lacrosse coach; and secondary school coach of the year Marilyn Duhaime, long-time multi-sport coach at Beal, Thames, Laurier and Oakridge.

Tickets are $40 and can be bought at westernfairdistrict.com.

The inductees:

Russ Evon

• Born in Windsor, Aug. 15, 1917.

• Baseball and softball star, moved to London in the early 1940s.

• Key player for the '48 London Majors when they won the NBCNA championship.

Willie Weiler

• Born in Rastatt, Baden-Wurttemberg, Germany, March 1, 1936.

• Elite gymnast, competed around the world winning numerous championships and medals.

• Member of Canada's Olympic Hall of Fame and respected coach.

Ted Dilts

• Born in London in 1923.

• The late London jeweller was an avid sportsman and sponsor of numerous teams, including intercounty senior and junior baseball, senior men's basketball, and junior hockey.

• His Ted Dilts Gems won women's softball national championships in 1985, '86, and '88 and 10 consecutive Ontario titles from 1978 to 1988.

Bob Vigars

• Born in St. Thomas, February 1944.

• In 45 years coaching track and field and cross-country at Western, his teams amassed 11 national championships.

• Official and organizer of local and provincial high school running and track meets.

• Citations and awards include Western's track and field Hall of Fame, the OUA's distinguished service award, and CIS coach of the year.

Barry Howson

• Born in London, June 6, 1939.

• Led Beck Collegiate Spartans to the 1957 Ontario basketball championship, the only London school to accomplish that feat.

• Member of Canada's 1964 Olympic basketball team.

• Member of the Canadian basketball Hall of Fame, Western's W Club Hall of Fame, and the Sarnia/Lambton Sports Hall of Fame.

Craig Simpson

• Born in London, Feb. 15, 1967.

• Drafted second overall by the Pittsburgh Penguins.

• Played 10 years in the NHL with Pittsburgh, Edmonton and Buffalo, winning Stanley Cups with the Oilers in 1988 and 1990.

• He and now wife Jamie Sale won the 2009 Battle of the Blades on CBC.

1980-81 Fanshawe Falcons basketball team

• Winners of consecutive national college basketball championships — 1979-80 and 1980-81.

• Led by coach Glenn Johnston, the Falcons featured predominantly London-developed players including their MVP captain Vito Frijia.

• In a 1980 challenge game, Fanshawe defeated the heavily favoured Western Mustangs.

• Johnston-coached teams over a 35-year span won a total of 660 games and he was named OCAA coach of the year five times and CCAA coach of the year twice.

Kadri expected to come up big with Bozak out

NHL. Leafs players, coach confident in 23-year-old's capability in extended role

Nazem Kadri celebrates his goal against the Ottawa Senators on Saturday. With Tyler Bozak expected to miss at least a week, the Leafs are hoping Kadri can fill the void as the first-line centre. MARK BLINCH/THE CANADIAN PRESS

This is Nazem Kadri's opportunity.

With Tyler Bozak expected to miss at least a week because of a lower-body injury, the Toronto Maple Leafs are counting on Kadri to fill his spot as the first-line centre between James van Riemsdyk and Phil Kessel. If Saturday night's showing against the Pittsburgh Penguins was any indication, Kadri is well-suited for that promotion, even if it's just a short-term one.

Kadri scored the game-winning goal and felt comfortable with his new linemates almost right away.

"They're good players, so you usually just have to be at the right spot at the right time and the puck is on your stick," Kadri said. "We're all on the same page, offensively."

Of course it took some time for the new-look first line to find some chemistry.

"I think ... maybe the first period or two we were feeling each other out a little bit," van Riemsdyk said. "But the only way to really develop that chemistry is to play with a guy and have that continuity with that. Obviously Naz is a really skilled player. It definitely makes the transition easier."

Kadri had first-line-calibre numbers in 2013: 18 goals and 26 assists in the lockout-shortened, 48-game season. A restricted free agent this past off-season, he signed a $5.8-million US, two-year contract with the Leafs.

Bozak has long been partnered up with Kessel, and coach Randy Carlyle likes to keep pairs like that together. But a lower-body injury suffered Friday in Columbus forced change, and Kadri made a good first impression on the first line.

"Nazy played hard," Carlyle said. "He made some plays through the neutral ice. There was a little flopping around there a few times, diving around, but not many guys can go in and make that play that he made to score the goal."

THE CANADIAN PRESS

NHL

Sabres GM looks for light at the end of bleak tunnel

These aren't sunny days for the Buffalo Sabres.

They're off to an NHL-worst 2-10-1 start, have two players currently suspended and Sunday night traded star scorer Thomas Vanek to the New York Islanders. But longtime general manager Darcy Regier doesn't want to consider himself under pressure, despite his current situation.

"I don't do well with that word," Regier said. "I think there's a better word. Is it a bigger challenge? Yeah. I'd substitute the word challenge for pressure."

As far as challenges go, it's a monumental one. Regier is in the midst of trying to rebuild a roster around a young core without losing the support of fans, ownership and his veteran players.

Trading Vanek was another step in that process, which could include shipping out franchise goaltender Ryan Miller and others before the March trade deadline. It's up to Regier to get the best return out of such moves.

"If you're under so much pressure, it's paralyzing, so you can't operate that way," he said. "You have to operate as though it's a challenge and it's something that you have to get done as a part of our team that's working on this. And you have to find the enjoyment in doing your work."

It's not enjoyable for Regier or any man in his position to hear home fans chanting for him to be fired. But with Buffalo in the Atlantic Division basement after failing to qualify for the playoffs the past two years, that frustrated sentiment is certainly expected.

Lindy Ruff, who coached the Sabres for 14 full seasons before being fired in the middle of 2013, gets it.

"I understand where they're at," said Ruff, whose Dallas Stars were in Buffalo to face the Sabres on Monday. "It's tough to see where the team is at in the standings, but I watch how these players play ... and I think there's a lot of promise there."

THE CANADIAN PRESS

NFL

Buffalo poised to hand Kansas their first loss

Coming off a lopsided loss to New Orleans, coach Doug Marrone and the Buffalo Bills are fired up to kick off the second half of their season by hosting unbeaten Kansas City.

"I'm ready to go," said an animated Marrone during Monday's news conference. "I don't want to miscommunicate that I'm disappointed in our record. I'm disappointed. We're all disappointed. But there are things that I'm also excited about with this team. I'm excited to go into the second half of the season."

Resilience has been a buzz word around Buffalo (3-5). Losers of three of their last four, the young Bills will have their resolve tested by the Chiefs.

"Guys are still confident," said running back Fred Jackson. "We've got a good opponent coming in this weekend that gives us an opportunity to go out and win against a team that's 8-0, give them the first loss of the season and try and build on that."

THE ASSOCIATED PRESS

NBA. Bulls look to burn 'Hollywood' Heat, renew Eastern Conference rivalry

Chicago Bulls guard Derrick Rose

GETTY IMAGES FILE

LeBron James gets another ring. Derrick Rose gets to play again.

In simplest terms, let that serve as the teaser for what's going to happen on Tuesday night when the Miami Heat raise their second straight championship banner and third one overall just before opening the season against the Chicago Bulls, one of their biggest rivals.

The Heat will get their rings in an elaborate pre-game ceremony, one that everyone — well, almost everyone — inside the building will be watching. The Bulls plan to stay in their locker-room for the festivities, and it's somewhat logical to think they'll be spending part of that time verbalizing some sort of sentiment about emerging and spoiling the party.

"We don't like them and they don't like us," James said. "It's not like it's unheard of. We all know what it is."

True, there's plenty of dislike. Bulls centre Joakim Noah's "Hollywood as hell" description of the Heat, uttered more than two years ago after Miami ousted Chicago in the Eastern Conference finals, remains one good example. The physicality of last year's East semifinal series between the clubs, which Rose watched from the bench while sitting out the season, remains another.

Now the Bulls get Rose back, 18 months after he tore up his left knee. Over the last five seasons, James has four MVP awards, Rose holding the other from that span. And with Rose back, the Bulls — and the East — figure to be tougher for Miami this season.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	11	8	3	0	39	31	16
Toronto	12	8	4	0	40	30	16
Boston	10	7	3	0	30	17	14
Detroit	12	6	4	2	27	33	14
Montreal	11	6	5	0	33	22	12
Ottawa	11	4	5	2	30	32	10
Florida	12	3	7	2	26	42	8
Buffalo	13	2	10	1	20	37	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	11	7	4	0	35	28	14
N.Y. Islanders	11	4	4	3	35	36	11
Carolina	11	4	4	3	25	33	11
Columbus	11	5	6	0	31	29	10
Washington	11	5	6	0	32	35	10
New Jersey	11	2	5	4	24	36	8
N.Y. Rangers	9	3	6	0	15	33	6
Philadelphia	10	3	7	0	18	27	6

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	11	10	1	0	35	16	20
Chicago	11	6	2	3	34	32	15
Minnesota	12	6	3	3	29	26	15
St. Louis	9	6	1	2	35	23	14
Nashville	12	6	5	1	23	32	13
Winnipeg	13	5	6	2	32	37	12
Dallas	10	4	5	1	26	31	9

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	12	10	1	1	48	20	21
Anaheim	12	9	3	0	39	31	18
Vancouver	13	8	4	1	38	37	17
Los Angeles	12	8	4	0	35	30	16
Phoenix	12	7	3	2	40	39	16
Calgary	11	5	4	2	34	39	12
Edmonton	13	3	8	2	36	50	8

Note: Two points for a win, one point for an overtime/shootout loss.

Monday's results
Dallas at Buffalo
Pittsburgh at Carolina
Montreal at N.Y. Rangers
Chicago at Minnesota
Washington at Vancouver
Sunday's results
Anaheim 4 Columbus 3
Colorado 3 Winnipeg 2
Los Angeles 2 Edmonton 1 (SO)
San Jose 5 Ottawa 2
Tampa Bay 4 Florida 3 (SO)
Tuesday's games — All Times Eastern
Dallas at Montreal, 7 p.m.
Anaheim at Philadelphia, 7 p.m.
N.Y. Rangers at N.Y. Islanders, 7 p.m.
Tampa Bay at New Jersey, 7:30 p.m.
Ottawa at Chicago, 8 p.m.
Winnipeg at St. Louis, 8 p.m.
Toronto at Edmonton, 9 p.m.
Los Angeles at Phoenix, 10 p.m.

MLB PLAYOFFS

WORLD SERIES

(BEST-OF-7)

BOSTON (AL) VS. ST. LOUIS (NL)

(Series tied 2-2)
Monday's result
Boston at St. Louis
Sunday's result
Boston 4 St. Louis 2
Wednesday's game — All Times Eastern
St. Louis (Wacha 4-1) at Boston (Lackey 10-13), 8:07 p.m.
Thursday's game
x-St. Louis (Kelly 10-5) at Boston (Peavy 12-5), 8:07 p.m.
x — played only if necessary.

MLS

Sunday's results
Houston 2 D.C. United 1
Los Angeles 1 Seattle 1
New England 1 Columbus 0
New York 5 Chicago 2
Vancouver 3 Colorado 0
(End of Regular Season)

PLAYOFFS

KNOCKOUT ROUND
(single-game elimination)
WESTERN CONFERENCE
Wednesday's game — All Times Eastern
Colorado at Seattle, 10:30 p.m.
EASTERN CONFERENCE
Thursday's game
Montreal at Houston, 8:30 p.m.

CFL

WEEK 19

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Toronto	17	11	6	0	487	435	22
x-Hamilton	17	9	8	0	416	461	18
x-Montreal	17	7	10	0	436	451	14
Winnipeg	17	3	14	0	354	548	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
y-Calgary	17	14	3	0	542	387	28
x-Saskatchewan	17	11	6	0	493	368	22
x-B.C.	17	10	7	0	478	454	20
Edmonton	17	3	14	0	391	493	6

x — clinched playoff berth.
y — clinched division.
Friday's games — All Times Eastern
Montreal at Toronto, 7 p.m.
Calgary at B.C., 10 p.m.
Saturday's games
Hamilton at Winnipeg, 2 p.m.
Edmonton at Saskatchewan, 5 p.m.
(End of Regular Season)

NFL

WEEK EIGHT

Monday's result
Seattle at St. Louis
Sunday's results
Arizona 27 Atlanta 13
Cincinnati 49 N.Y. Jets 9
Denver 45 Washington 21
Detroit 31 Dallas 30
Green Bay 44 Minnesota 31
Kansas City 23 Cleveland 17
New England 27 Miami 17
New Orleans 35 Buffalo 17
N.Y. Giants 15 Philadelphia 7
Oakland 21 Pittsburgh 18
San Francisco 42 Jacksonville 10
Thursday's result
Carolina 31 Tampa Bay 13

NBA

REGULAR SEASON

Tuesday's games — All Times Eastern
Orlando at Indiana, 7 p.m.
Chicago at Miami, 8 p.m.
L.A. Clippers at L.A. Lakers, 10:30 p.m.

Horoscopes

♈ Aries
March 21 - April 20
Appearances can be deceptive, so don't make a snap judgment about someone you meet today or you may have to make an embarrassing U-turn later. Focus on their good points.

♉ Taurus
April 21 - May 21
You may be tempted to do something you know won't meet general approval today. It may be funny to you but make sure you know the consequences. Not everyone shares your sense of humour.

♊ Gemini
May 22 - June 21
Relationships should take a turn for the better over the next few days. Not that they have been bad but there have been times when you wondered if your dearest ones still care. Of course they do.

♋ Cancer
June 22 - July 23
You can, if you wish, pretend that you don't care about someone but the planets will betray you. As a Cancerian you find it hard to keep your feelings under wraps but that's good. Be open and honest about who you are.

♌ Leo
July 24 - Aug. 23
Memories can be fun but they can also stop you from moving on and that would be a shame as the planets suggest you have so much to look forward to. It's time to stop living in the past.

♍ Virgo
Aug. 24 - Sept. 23
You may want to believe that you can handle a difficult situation on your own but you can't, so push your pride to one side and get some assistance.

♎ Libra
Sept. 24 - Oct. 23
Don't give up on an idea just because the so-called experts say you've got it wrong. More likely you are spot on in your assessment and it's they who don't know what they are talking about.

♏ Scorpio
Oct. 24 - Nov. 22
The planets are trying to tell you something but you are determined not to listen. You can be as stubborn as you like but the evidence is there and it cannot be ignored forever.

♐ Sagittarius
Nov. 23 - Dec. 21
Focus on having fun and don't fret if loved ones or colleagues keep telling you there are a thousand serious things you should be doing. Nothing in life is more important than feeling good about your existence.

♑ Capricorn
Dec. 22 - Jan. 20
Someone you trust will make a suggestion today and while it's a good one, you most likely won't want to hear it. Mercury, planet of the mind, warns you must listen, and act. If not, the consequences could be dire.

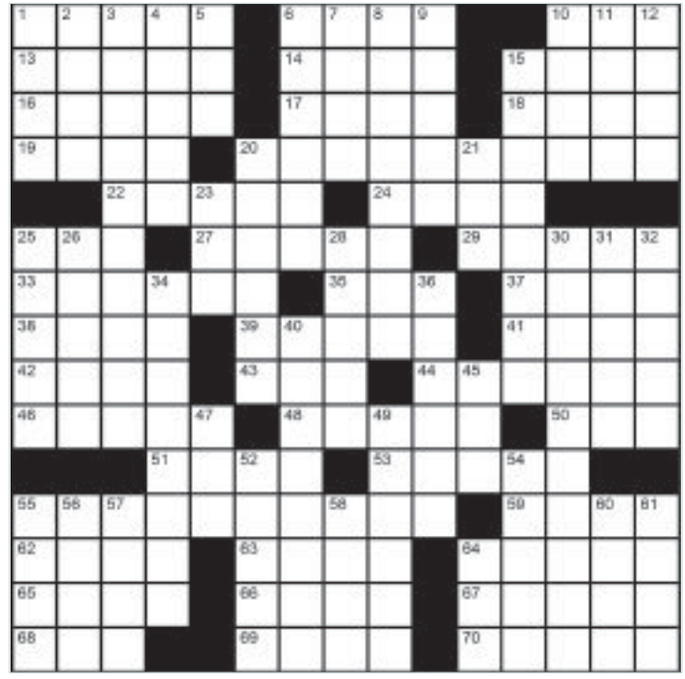
♒ Aquarius
Jan. 21 - Feb. 19
What you have to do today may not be much fun but you will do it anyway and you will make a good job of it. Treat it as fun and maybe, just maybe, that's what it will be.

♓ Pisces
Feb. 20 - March 20
You need to get back in the good books of your employer but it won't be easy. You've got to be smart about it. Steer clear of flattery. They'll know you don't mean it. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



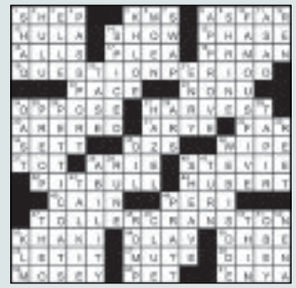
Across

1. Hoarse
6. "Stay (I Missed You)" singer Lisa
10. #55-Down's kitchen drawer pal
13. Type, then press this button
14. Crucifix inscription
15. Mr. Gyllenhaal
16. Ernie's muppet pal's namesakes
17. Churn
18. Re-work the written work
19. _ __ of words
20. Starting with 'The' ...Margaret Atwood poetry collection; or, Joni Mitchell song: 2 wds.
22. Close-fitting
24. Eagerly excited
25. "Yuck."
27. Tomato __
29. 1861 George Eliot novel, __ Marner
33. Drink of the gods
35. Relieved-one's sound
37. Neither masc. nor fem.
38. "__ pronounce you...": 2 wds.
39. "___ outta heeere!" (Haunted house inhabitant's holler)
41. Station: French
42. Perfectly good
43. Compass reading
44. Square peg
46. Pine
48. Hat parts
50. Pre-AD years
51. "2001: A Space Odyssey" (1968) star Mr. Dullea
53. Canadian margarine brand
55. Robert De Niro movie: 2 wds.
59. Mouse-like critter
62. Farm structure
63. Baltic Sea feeder
64. __ __ not the time (Later is better)
65. Layered hairstyle
66. Prefix to 'culture'
67. Clay pigeon shooting
68. "Gangnam Style" rapper
69. Prefix to 'morphosis'
70. Popular plants

Down

1. Ms. McEntire
2. Freshly
3. Vancouver Island: __ Provincial Park
4. Laboratory dish
5. Century components, curtly
6. Restricts
7. __ about (Circa): 2 wds.
8. Former MuchMusic VJ who is an award-winning songwriter and online publisher: 2 wds.º
9. ___. (Microsoft founder, fun-style)
10. "Voila!"
11. __ milk
12. Mr. Rose of baseball
15. Jeans-looking pants
20. Billing
21. Greek dawn goddess
23. Student's 4.0, e.g.
25. Merge
26. Christina Aguilera's "__ in a Bottle"
28. Spud
30. Fall yard tool: 2 wds.
31. Relating to gold
32. Lets it stand (Proofreading term)
34. 'Dance' in 2013 headlines
36. Someone shortening pants
40. Canadian energy company
45. Q. "___ the follower of B?" A. "Indeed."
47. Mr. Beatty
49. Spanish airline
52. "The Bare Necessities" part: "...wander, wherever _ __..."
54. Call forth
55. Recipe measurement [abbr.]
56. Oohs and __
57. Hospital photo
58. Green: French
60. Lender's protection
61. Ballpark figs.
64. Bouncy check acronym

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		9	3			8		
4	3			7	2			
7			6				9	
3				1				8
		6				4		
1				2				5
	5				8			6
			1	6			2	9
		4			9	7		

Yesterday's Sudoku

1	2	4	6	7	9	8	5	3
5	7	8	2	4	3	1	9	6
6	3	9	5	1	8	7	4	2
7	4	6	3	2	1	9	8	5
8	9	2	4	5	6	3	1	7
3	1	5	8	9	7	2	6	4
9	6	7	1	3	5	4	2	8
2	8	1	7	6	4	5	3	9
4	5	3	9	8	2	6	7	1

Change the View
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